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HOUSEKEEPERS' CHAT Wednesday, February 8, 1933.

(FOR BROADCAST USE ONLY)

Subject: "A Wednesday Night Dinner." Information from the Bureau of Home Economics, U.S.D.A.

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Sometimes we neglect the best of friends. That holds true for foods as well as people. Often we forget or neglect our very best foods when we plan our menus. For years liver was a humble food, served occasionally because it was a cheap meat, but neglected by many people. Today, as we all know, liver is a widely used meat, a frequent visitor on most people's tables. Liver came into prominence when the scientists discovered its usefulness in making red blood. But other good meats of the same sort, also valuable for their iron and vitamin content, are still being neglected. Two examples are heart and kidney. Both these meats are inexpensive, and contain fair amounts of vitamins B and G, and they're delicious- if you prepare them carefully. Kidney is famous for the good stew it makes. Heart is generally stuffed and baked.

For a family of five or six you'll need either one beef heart or two calf hearts for stuffing. And while we're on the subject, I may as well give the the complete recipe. Seven ingredients:

1 beef heart or 2 calf hearts
2 tablespoons of bacon fat or drippings
1 small onion, chopped
1/2 green pepper, chopped
3 cups of bread crumbs
1/2 teaspoon of salt, and
1 cup of chopped celery

Seven ingredients. I'll repeat them. (Repeat.)

First wash the heart and cut out the gristle and veins. Then make a slit in the side to fill in the stuffing. Next make the stuffing. Melt the fat and cook the onion and green pepper in it for a few minutes. Then add the breadcrumbs, the salt and the celery. Stir until well mixed. Now sprinkle the heart, inside and out, with salt and pepper. Fill it with the hot stuffing. Sew up the slit. Sear the heart in hot fat, then place it in a baking dish. Add 1/2 cup of hot water, cover the dish and cook the heart until it is tender in a very moderate oven.- 300 degrees F. A beef heart will require about two hours to cook. A calf heart will cook tender in much shorter time. Remove the heart and add flour to the drippings and enough water to make a thin gravy. Serve the heart surrounded by the gravy.

Stuffed heart makes an excellent and inexpensive main dish for dinner. Either for the family alone or for a company dinner. Just to prove it I have here planned a Wednesday dinner featuring this recipe. Since you are using the oven for the meat why not save fuel and bake the potatoes. Here's the menu: Stuffed calf or beef heart; Baked sweet potatoes; Raw carrot sticks; Asparagus salad on lettuce; and Sour cream and raisin pie for dessert. Once more: Stuffed heart; Baked sweet potatoes; Raw carrot sticks; Asparagus salad on lettuce; and Sour cream and raisin pie. Maybe you noticed as I read the menu that this dinner is very rich in iron.

The nutritionists are urging us to eat raw vegetables for their vitamin content. If you've never tried carrots in sticks, here's a novel, wholesome and very good way to serve them. Cut off the tops, scrape the carrots, and then cut them in long slender sticks. Serve them crisp, as you do celery, and eat them as you do celery, dipped in salt. This is also a delicious way to serve cucumbers.

Now if you're ready I'll give you a top-notch recipe for the sour cream and raisin pie.

If you have one cup of cream which has turned sour, this is an excellent way to use it. Nine ingredients for sour cream pie:

1 cup of sugar
1/2 teaspoon of cinnamon
1/2 teaspoon of cloves
2 eggs
1 cup of seedless raisins
1 cup of sour cream
1/8 teaspoon of salt
2 tablespoons of vinegar, and
Pastry

I'll go over those nine ingredients once again. (Repeat.)

First mix the sugar and the spices. Add these to the beaten eggs. Then add the raisins the cream the salt and the vinegar. Beat well. Pour the mixture into a deep, pastry-lined pie pan. Add the top sheet of dough and bake in a moderate oven--350 degrees F.--until the crust is golden brown.

Tomorrow, we'll talk about shopping for towels, and how to select good buys in household towelling.